



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Intermediate Eat Smart Center #20

WEEK OF Week 1

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Peanut Butter Banana Pancakes		Grilled Cheese Sandwich	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 3x whole fruit/vegetable	Grapes- fresh	Banana- fresh	100% Apple Juice	Pineapple- canned, unsweetened	100% Orange Juice
Grains/Bread Component 2x Whole Grain, 0x sweet	Oatmeal (WG)	Pancakes	Corn Flakes cereal	Whole Wheat Bread (WG)	Crisp Rice cereal
Other Foods 2x Meat/Meat Alternate		Peanut Butter **no syrup**		Cheese	
LUNCH	Tuna Salad Sandwich (HM)	Hot Dog	Spaghetti and Meat Sauce	Chicken Caesar Salad	Scrambled Eggs
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 2x fresh	Cucumbers, Zucchini- fresh	Broccoli- frozen	Green Beans- canned	Romaine Lettuce- fresh	Hash Brown Potatoes- frozen
	Pineapple- canned, unsweetened	Peaches- canned, unsweetened	Tropical Fruit Salad- canned, unsweetened	Applesauce- unsweetened	Peaches- canned, unsweetened
Grains/Bread Component 4x Whole Grain	Whole Wheat Bagel (WG)	Whole Wheat Hot Dog Bun (WG)	Whole Wheat Spaghetti (WG)	Garlic Bread Stick	Whole Wheat Bread (WG)
Meat or Meat Alternate 1x highly processed	Tuna	Hot Dog	Ground Beef	Chicken	Eggs
Other Foods			Spaghetti Sauce	Caesar Dressing	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	English Muffin Pizza				Cheese Quesadilla
Fluid Milk			Skim Milk		
Juice, Fruit, or Vegetable 2x whole fruits/vegetable	100% Orange Juice		Carrots, Cucumbers- fresh	Banana- fresh	
Grains/Bread Component 2x Whole Grain, 0x sweet	Whole Wheat English Muffin (WG)	Triscuits (WG)		Animal Crackers	Tortilla
Meat or Meat Alternate 3x Meat/Meat Alternate	Cheese	String Cheese			Cheese
Other Foods	Pasta Sauce		Ranch Dressing		

MO 580-1463 (6-04)

*Sweet Snack includes sweet items and grain-based snack chips/croissants

**WG = whole grain

***HM = home made

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WEEK OF Week 2

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST					Peanut Butter Toast
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 4x whole fruit/vegetable	100% Cranberry Apple Juice	Peaches- canned, unsweetened	Grapes- fresh	Pears- canned, unsweetened	Pineapple- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Cheerios cereal (WG)	French Toast	Biscuits	Whole Wheat Bagel (WG)	Whole Wheat Toast (WG)
Other Foods 1x Meat/MA, 1x sweet		Syrup (sweet)			Peanut Butter
LUNCH	Cheese Pizza (CN)	Sub Sandwich	Taco Salad	Baked Fish (HM)	Macaroni and Cheese with Ham (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Carrot and Cabbage Slaw- fresh	Vegetable Soup- canned	Lettuce, Tomatoes- fresh	Steamed Broccoli- frozen	Green Beans- canned
6x fresh	Cooked Apples- fresh	Oranges- fresh	Fruit Cocktail- canned, unsweetened	Grapes- fresh	Apple Slices- fresh
Grains/Bread Component 2x Whole Grain	Cheese Pizza (CN)	Whole Wheat Hot Dog Bun (WG)	Tortilla Chips	White Rice	Whole Wheat Elbows (WG)
Meat or Meat Alternate 1x highly processed	Cheese Pizza (CN)	Ham, Turkey	Ground Beef, Cheese	Fish	Ham Cubes, Cheese
Other Foods					
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Ants on a Log		Peanut Butter Crackers		Trail Mix
Fluid Milk					
Juice, Fruit, or Vegetable 4x whole fruits/vegetable	Celery- fresh; Raisins- dried	Pears- fresh	Peaches- canned, unsweetened	Applesauce- unsweetened	100% Orange Juice
Grains/Bread Component 1x Whole Grain, 0x sweet			Multi-Grain Crackers	Graham Crackers	Cheerios (WG), Whole Grain Chex (WG), Pretzels
Meat or Meat Alternate 3x Meat/Meat Alternate	Peanut Butter	Yogurt	Peanut Butter		
Other Foods					Raisins



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WEEK OF Week 3

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST				Peanut Butter Waffle	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 3x whole fruit/vegetable	Peaches - canned, unsweetened	100% Orange Juice	Apples- fresh	Mixed Fruit - canned, unsweetened	100% Apple Juice
Grains/Bread Component 2x Whole Grain, 0x sweet	Whole Wheat Toast (WG)	Toasted Corn cereal	Whole Wheat English Muffin (WG)	Waffle	Oat Blenders cereal
Other Foods 2x Meat/Meat Alternate	Scrambled Eggs			Peanut Butter **no syrup**	
LUNCH	Rotini with Meat Sauce	Chicken Strips (CN)	Ham and Cheese Sandwich	Chicken Quesadilla	Chicken Salad Sandwich (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Garden Salad- fresh	Corn on the Cob- frozen	Tomato Soup	Carrots and Cabbage Slaw- fresh	Zucchini- fresh
7x fresh	Apple Wedges- fresh	Peaches- canned, unsweetened	Banana- fresh	Apples- fresh	Fruit Salad- fresh
Grains/Bread Component 4x Whole Grain	Whole Wheat Rotini (WG)	Whole Wheat Dinner Roll (WG)	Whole Wheat Bread (WG)	Tortilla	Whole Wheat Bread (WG)
Meat or Meat Alternate 1x highly processed	Ground Beef	Chicken Strips (CN)	Ham, Cheese	Chicken, Cheese	Chicken
Other Foods	Spaghetti Sauce				Ranch Dressing
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Peanut Butter Crackers				
Fluid Milk					
Juice, Fruit, or Vegetable 4x whole fruits/vegetable	Fruit Cocktail- canned, unsweetened	Pineapple- canned, unsweetened	100% Cranberry Apple Juice	Peaches- canned, unsweetened	Pears- fresh
Grains/Bread Component 1x Whole Grain, 0x sweet	Wheat Crackers		Whole Grain Rice Cakes (WG)	Pretzels	
Meat or Meat Alternate 3x Meat/Meat Alternate	Peanut Butter	Cottage Cheese			Yogurt
Other Foods					



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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Peanut Butter Banana Pancakes			Turkey and Egg Sandwich	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 4x whole fruit/vegetable	Banana- fresh	Pears- canned, unsweetened	100% Orange Juice	Grapes- fresh	Applesauce- unsweetened
Grains/Bread Component 2x Whole Grain, 0x sweet	Pancakes	Whole Wheat Bagel (WG)	Corn Flakes cereal	Whole Wheat Toast (WG)	Biscuit
Other Foods 2x Meat/Meat Alternate	Peanut Butter			Turkey, Scrambled Egg	
LUNCH	Turkey and Swiss Sandwich	Red Beans and Rice	Hamburger	Chicken Broccoli Alfredo	Grilled Cheese Sandwich
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Peas- frozen	Garden Salad- fresh	Sweet Potato Fries- fresh	Broccoli- fresh	Tater Tots- frozen
4x fresh	Applesauce- unsweetened	Orange Slices- fresh	Tropical Fruit- canned, unsweetened	Peaches- canned, unsweetened	Strawberries- frozen, unsweetened
Grains/Bread Component 4x Whole Grain	Whole Wheat Bread (WG)	White Rice	Whole Wheat Hamburger Bun (WG)	Whole Wheat Rotini (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate 0x highly processed	Turkey, Swiss Cheese	Red Beans; Sliced Cheese	Ground Beef	Chicken	Cheese; Vanilla Yogurt
Other Foods				Alfredo Sauce	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Yogurt Banana Split			
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	100% Cranberry Apple Juice	Banana- fresh	Carrot Sticks- fresh	100% Apple Juice	Oranges- fresh
Grains/Bread Component 1x Whole Grain, 0x sweet	Bread Stick			Whole Wheat Bagel (WG)	Pretzels
Meat or Meat Alternate 2x Meat/Meat Alternate		Yogurt	Mozzarella String Cheese		
Other Foods	Marinara Sauce			Cream Cheese	

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WEEK OF Week 5

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST				Cheese Quesadilla	Strawberry Oatmeal
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 3x whole fruit/vegetable	100% Orange Juice	Mixed Fruit- canned, unsweetened	100% Apple Juice	Peaches- canned, unsweetened	Strawberries- frozen, unsweetened
Grains/Bread Component 2x Whole Grain	Toasted Corn cereal	French Toast	Cheerios cereal (WG)	Tortilla	Oatmeal (WG)
Other Foods 1x Meat/MA, 1x sweet		Syrup (sweet)		Cheese	
LUNCH	Chicken Caesar Salad	Sloppy Joe (HM)	Grilled Ham and Cheese Sandwich	Baked Chicken Tenders (CN)	Spaghetti with Meat Sauce
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Romaine Lettuce- fresh	Corn- canned	Tomato Soup- canned	Mashed Potatoes- dried	Spinach Salad- fresh
3x fresh	Pears- canned, unsweetened	Applesauce- unsweetened	Grapes- fresh	Fruit Cocktail- canned, unsweetened	Pineapple- canned, unsweetened
Grains/Bread Component 4x Whole Grain	Whole Wheat Dinner Roll (WG)	Whole Wheat Hamburger Bun (WG)	Whole Wheat Bread (WG)	Biscuit	Whole Wheat Spaghetti (WG)
Meat or Meat Alternate 1x highly processed	Chicken	Ground Beef	Ham, Cheese	Chicken Tenders (CN)	Ground Beef
Other Foods	Caesar Dressing	Sloppy Joe Sauce			Spaghetti Sauce
SUPPLEMENT <i>Serve 2 of 4 choices.</i>			Peanut Butter Banana English Muffin		
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Carrots, Broccoli- fresh	Grapes- fresh	Banana- fresh	100% Cranberry Apple Juice	
Grains/Bread Component 2x Whole Grain, 0x sweet		Multi-Grain Crackers	Whole Wheat English Muffin (WG)	Whole Grain Rice Cakes (WG)	Graham Crackers
Meat or Meat Alternate 3x Meat/Meat Alternate	Cheese Cubes		Peanut Butter		Yogurt
Other Foods	Ranch Dressing				



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WEEK OF Week 6

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Peanut Butter Waffle	Egg and Cheese Muffin	Peach Oatmeal	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 4x whole fruit/vegetable	100% Apple Juice	Grapes- fresh	Pineapple- canned, unsweetend	Peaches- canned, unsweetened	Applesauce- unsweetened
Grains/Bread Component 3x Whole Grain, 0x sweet	Oat Blenders cereal	Waffle	Whole Wheat English Muffin (WG)	Oatmeal (WG)	Whole Wheat Toast (WG)
Other Foods 2x Meat/Meat Alternate		Peanut Butter **no syrup**	Scrambled Egg, Cheese		
LUNCH	Hamburger Pizza (CN)	Chili (HM)	Chicken Stir-Fry	Bean and Cheese Burrito (HM)	Chicken Macaroni Casserole
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Spinach Salad- fresh	Carrots, Celery- fresh	Asian Vegetables- fresh	Cucumber, Carrots- fresh	Peas and Carrots- frozen
8x fresh	Banana- fresh	Apples- fresh	Oranges- fresh	Banana- fresh	Strawberries- frozen, unsweetened
Grains/Bread Component 1x Whole Grain	Hamburger Pizza (CN)	Wheat Crackers	White Rice	Tortilla	Whole Wheat Elbows (WG)
Meat or Meat Alternate 1x highly processed	Hamburger Pizza (CN)	Ground Beef, Chili Beans	Chicken	Refried Beans, Cheese	Chicken; Yogurt
Other Foods		Ranch Dressing		Ranch Dressing	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>				Turkey Stackers	Trail Mix
Fluid Milk			Skim Milk		
Juice, Fruit, or Vegetable 2x whole fruits/vegetable	Cucumber Slices- fresh	100% Cranberry Apple Juice	Apple Slices- fresh		100% Orange Juice
Grains/Bread Component 2x Whole Grain, 0x sweet	Wheat Crackers	Pretzels		Triscuits (WG)	Cheerios (WG), Whole Grain Chex (WG), Pretzels
Meat or Meat Alternate 2x Meat/Meat Alternate		Cottage Cheese		Turkey Slice	
Other Foods					Raisins